



Helping North Carolina Youth Eat Smart and Move More: 2007 Program Successes for Orange County

Results of the **700** youth participating in EFNEP:

86% of 413 youth increased their knowledge of the essentials of human nutrition.

84% of 431 youth now eat a variety of foods.

84% of 413 youth increased their ability to select low-cost, nutritious foods.

84% of 413 youth improved practices in food preparation and safety.

4-H EFNEP Success

In February, youth in Orange County learned about fat content in milk and were introduced to low fat milk. Recently, I discovered the impact that this lesson had on one of the children when a lady came up to me and said, "So you are the lady." I did not know what she was referring to until she went on to explain that after learning about the fat content in milk and trying low fat milk, her son would now only drink low fat milk. In addition, the mother stated that her son now wants to know the fat content in the food that she serves at mealtime. If the food contains a lot of fat, he will not eat it. As a result, the entire family has changed their eating habits.





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